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Breast Cancer Awareness Month

'Resiliency in the Fight Against Cancer'

By **SHARON RENEE TAYLOR**
WRNMMC Public Affairs
staff writer

Wynette "Winnie" Rodney serves food with a smile at Walter Reed National Military Medical Center. She stands behind the glass of Café 8901's grill doling out custom-made omelets in the morning and burgers during the lunch rush. She greets every guest the same. Some she knows by face, others by name, and some by

their order. Her wide grin and cheerful disposition lifts spirits and makes the day a little better.

You barely notice, if you do, the hair net on her head covering the place where hair used to be. Her eyes shine so bright you don't notice her disappearing eyebrows. You would never know she's in the fight for her life against breast cancer.

Winnie, 42, was trained to fight. A sergeant with 20 years in the Army Reserve, she spent 11 months in Baghdad in 2003, and in 2011, she deployed for a year to Kuwait. Now her battle is against breast cancer.

In April, she felt the lump in her breast and followed it with a mammogram. A May biopsy diagnosed the reservist with aggressive stage 1 intraductal carcinoma of the breast.

"The last thing on my mind was cancer," Winnie said.

Winnie began chemotherapy in July. After she became ill, she began receiving immunizations to boost her white blood cells. She'll return to chemo once she's stronger. The goal is to shrink the tumor over the next year before surgery, if she still needs it, she explained.

Winnie said there is a strong history of breast cancer on her father's side of the family. Her grandmother fought the same disease 15 years ago and survived; three of her grandmother's five sisters battled the same malignant cells. There's breast cancer on her mother's side of the family, but the disease is more prevalent within her dad's family. "We're all survivors, none of them died from the cancer," she said.

When she received her diagnosis, Winnie said, "I didn't give myself the opportunity to cry." After all, she had



COURTESY PHOTO

Wynette "Winnie" Rodney says she remains strong in her battle against breast cancer for her 6-year-old daughter Kayla.

to make some important life decisions. She was 41 years old with one child.

"I come from a strong faith-based family," Winnie explained. She said her family includes her church, reserve unit, a large extended family, and her 6-year-old daughter, Kayla. Telling Kayla about her cancer was the "hard part," Winnie said. "She's my rock," Winnie added.

Winnie said she decided to hide nothing from Kayla, and the first-grader became "a little more clingy than usual."

"I have to be strong for her. I have to be strong to show her what strength is about," Winnie said. "She's my cheerleader," the doting mother added.

Winnie gets up every morning at 3 a.m., like she has always done, with the intention of going to work. Sometimes it takes all of her energy to drive to work or simply stand because of her treatment. Once she was so weary at work that she could not drive herself home, and she promised her family to listen to her body; when it is fatigued, she'll stay put.

"I'm not always cheerful. I have

dark days, too," she said. "I've had some really dark times.

There are times when she was tired and she didn't feel well but she felt that she needed to be at WRNMMC in order to prove no matter what, nothing was going to take her down, explained Ted Stolk, a Café 8901 chef and one of Winnie's confidants.

On those days she's feeling strong, you will find Winnie at the omelet station in Café 8901, smiling, greeting and encouraging customers while she makes their breakfast. She said she enjoys connecting with them.

Well-liked by many regular Café 8901 patrons, sometimes Winnie's line is long, but some insist on waiting for her. They may come in with anger, sadness or worry, but Winnie's winning smile and disposition usually lighten their moods. "At least they can leave better than when they came in," she said.

"Everyone goes through something," Winnie added. "Customer service first. I always try to give them a smile, even if it hurts.

"All I want to do is keep standing."



PHOTO BY SHARON RENEE TAYLOR

Café 8901 cook Wynette "Winnie" Rodney prepares burgers for the lunch-hour crowd. Winnie, who is battling breast cancer, is popular among the café's patrons because of her pleasant smile and cheerful disposition, which lift many of their spirits.

Friday, October 30

5:00 pm – 9:00 pm

Halloween Party

• (A)Live DJ!

• Family Activities

• Kids Halloween Movies

• Games

• Food

• S'mores

• Photo Booth

• Prizes

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Bethesda Notebook

Code Green Exercise
There will be a Code Green Exercise tomorrow at Walter Reed National Military Medical Center (WRNMMC) from 7 a.m. to 3 p.m. to test medical readiness for a multi-casualty event. During the exercise, you may see and/or hear staged casualties and injuries, emergency response activities, and sirens and alarms. The exercise will not impact patient care. For more information, call Melissa Knapp, at 301-319-4906.

New Fitness Center and Pool Hours
The Fitness Center and Pool in Bldg. 17 are operating under the following new hours:

Fitness Center:	
M-F	4:30 a.m. - 10 p.m.
Sat	8:30 a.m. - 7 p.m.
Sun	8 a.m. - 5 p.m.

Pool:	
M-F	5 a.m. - 8 p.m.
Sat	9 a.m. - 5 p.m.
Sun	9 a.m. - 4 p.m.

New NEX Mini Mart Hours
In an effort to accommodate customers better and provide premier customer service, the NEX is extending its hours of operation at the Mini Mart one hour past the operating hours of the Main Store. Below are the new operating hours for the Mini Mart:

M-F	6 a.m. - 9 p.m.
Sat	8 a.m. - 9 p.m.
Sun	10 a.m. - 8 p.m.

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Dial 911 accidentally? Don't hang up

By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

Sometimes, when dialing an outside line onboard Naval Support Activity Bethesda (NSAB), a caller can accidentally dial an extra 1, which connects them to the Montgomery County Dispatch Center and an emergency dispatcher on the other end: "9-1-1 what's your emergency?"

Instead of hanging up, NSAB Emergency Services Dispatch Supervisor Carl Savard is asking people to stay on the line and let dispatchers know it was an accidental 911 call. Of the 103 calls made to 911 from a NSAB landline from July to September, only 27 were for more than 10 seconds, the rest were most likely accidental.

"We're asking that people don't hang up if you dial 911 instead of 991," Savard said.

With the exception of those made from rooms in the wounded warrior barracks, calls made to 911 from base phone lines are routed directly to the Montgomery County Dispatch Center, according to Savard.

"When people realize their mistake, they often hang up, leaving dispatchers wondering what's going on," he said. "Montgomery County 911 operators are required to either call back the original caller or forward the caller's information to another public safety agency when the



PHOTO BY MC3 HANK GETTYS

Scott Allen, front, and Rick Larco, Naval Support Activity Bethesda emergency dispatchers, work in the dispatch center and ask callers not to hang up if they accidentally dial 911.

call originates from a location covered by another jurisdiction, which in this case is the NSAB Local Dispatch Center."

NSAB's emergency dispatchers will try calling that number to make sure everything is okay, and Rick Larco, NSAB emergency dispatcher, said people should let them know it was an accident.

"If we call them back, let us know they're okay," he said. "They're not in trouble. We don't write them up; we

don't call their supervisor and tell them. We just want to make sure everything is okay and there's nothing wrong over there."

NSAB's emergency dispatchers said they get a lot of those calls each day – a lot of them happen when a person is sending a fax and dials an extra 1. Sarah Leggate, NSAB emergency dispatcher, said often times, people mistakenly assume the number to dial out is 991.

"It's 9-9 to dial out – the 1 is the long distance code," she said. "A lot of people dial 9-9-1 and 1 and that's when they call 911."

And instead of hanging up, it's a lot easier on all parties involved to inform the dispatchers of the error.

Scott Allen, NSAB emergency dispatcher, said by hanging up, the caller is putting extra work on Montgomery County operators who have to call NSAB to make sure everything is okay.

"You're taking a dispatcher off the radio and away from taking a phone call because they need to follow up here," Allen said.

Pressing the help button in the elevator will also connect you to the dispatch center – and the same rules apply if you accidentally bump that button, NSAB emergency dispatcher Brian Jones said. He said to inform the dispatchers that it was an accident and that everything is okay.

"Nobody should ever be afraid to dial 911 – even if they made a mistake," Jones said. "They should never be afraid to talk to us. We're not the bad guys, we're here to help you."

From any base landline, calling 7-7-7 or programming the number 301-295-0999 into a cell phone will connect to NSAB's emergency dispatchers. For non-emergencies, a person can call 301-295-1246 or go to Building 17 basement, NSAB Security Department.

Help Give Back, 2015 CFC Campaign Underway

By **MC3 HANK GETTYS**
NSAB Public Affairs staff writer

Each year, service members and federal employees have the opportunity to give back, help a cause they care about and make a difference by donating through the Combined Federal Campaign (CFC). This year, the window for donating is Oct. 1 through Dec. 15.

According to the official CFC website, the CFC is the official workplace giving campaign of the federal government. The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing federal employees the opportunity to improve the quality of life for all.

"The Combined Federal Campaign started back in the 1960s as lots of charities were coming up to federal employees, including military, and asking for donations," said Personnel Specialist Seaman Jordan Davis, a CFC keyworker for Naval Support Activity Bethesda (NSAB). "So then President Kennedy signed an executive order to create a centralized fundraising service for the federal government.

"It is for all federal employees, military, civilian and even contractors, who want to give part of their paycheck and help out those who really need it."

There are many organizations that one can choose to donate to in the CFC campaign.

"There are over 20,000 different charities that participate, or you can donate generally and it gets evenly distributed," said Master-at-Arms 1st Class Maegann Foster, the CFC manager for NSAB. "So it really depends on what your interests are and who you want to give to.

"There is an online catalog to find charities. It is very easy to search and there are different categories, just visit the CFC website cfcna.org."

When you decide to donate, you can designate your amount, what chari-

ties you wish to give to, and in what way you would like to give.

"The donation can be given as a one-time donation, or a monthly amount taken out of your paycheck, and you can also split the amount between any numbers of charities that you wish," said Religious Programs Specialist 2nd Class John Leitzinger, a CFC keyworker for NSAB.

Donating to CFC is more than just giving money, said Foster.

"It all goes back to giving back," she said. "You can make a difference by volunteering your time, but if you don't have time, you can make a difference with your money.

"For some people, medical research is very prominent in their life. Someone may be suffering from a medical condition that they want to contribute to for further research. They might not have the ability to go out there and find the cure, but there are scientists and charities that do, so to give to them is directly helping what is important to you."

To donate, you can go online or find a representative and fill out the form by hand.

"You can donate online and you can also donate in person," said Davis. "Online is more secure and more anonymous, but the only way a contractor can donate is by going to a CFC representative and filling out the form in person.

Donation instruction and CFC information cards have been distributed across the base, and representatives will also be around base collecting donations until the end of the campaign period.

"You'll see us around base periodically from now until Dec. 15, just out there with a bucket and if you want to give, that's the easiest way to do it," said Foster. "If you are in our gates, we want you to have the opportunity to donate."

To contact a CFC representative on NSAB, call (301) 319-2118 or (301) 295-4274.



NICoE Turns Five

By MC1(AW) CHRIS KRUCKE
WRNMMC Public Affairs staff writer

“Being asked to cut the cake was definitely unexpected on my third day on the job, but I felt quite honored to be a part of the ceremony and welcomed to the [National Intrepid Center of Excellence (NICoE)] in such a special way,” said Allison Winters, a wellness coordinator and one of the newest employees at NICoE.

Walter Reed National Military Medical Center’s (WRNMMC) NICoE held the cake-cutting event to celebrate its fifth anniversary earlier this month, and WRNMMC Director Maj. Gen. (Dr.) Jeffrey B. Clark served as the guest speaker. He took the opportunity to recognize the achievements of NICoE employees, as well as present them with his command coin.

A designated center of excellence because of its diverse capabilities in providing care to service members and families with traumatic brain injury and psychological health conditions, NICoE first opened its doors on Oct. 4, 2010. In the 72,000 square-foot facility, beneficiaries receive comprehensive and holistic care, and staff members conduct focused research and export knowledge to benefit not only members of the armed forces and their families, but also the general population.

La-Anna Hope Douglas, a scheduling support specialist in NICoE’s Clinical Operations Department, manages various aspects of scheduling care for wounded warriors and their families at NICoE. She said recognition from leadership of the contributions of the NICoE staff is important.

“I am so appreciative of the acknowledgment. It



PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS CHRISTOPHER KRUCKE

Staff of Walter Reed National Military Medical Center’s National Intrepid Center of Excellence gathers to celebrate the fifth anniversary of its opening earlier this month during a cake-cutting celebration.

really means a lot that Maj. Gen. Clark took the time to let us all know that we are doing great things every day,” Douglas said. “Having acknowledgment like this lets me know that I am doing something right.”

Dr. Thomas J. DeGraba, NICoE’s current chief innovations officer and NICoE’s founding deputy director and chief of Medical Operations since 2009, explained since the first patients were seen

at NICoE in 2010, “NICoE has provided its beneficiaries a novel interdisciplinary and holistic, patient-centric care program of care to treat the invisible wounds of war, and return service members and their families to productive lives.”

DeGraba said in 2009 before NICoE officially

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USO HOSTS HALLOWEEN MAKEUP WORKSHOP



PHOTO BY ANDREW DAMSTEDT

Shakespeare Theatre wig master Dori Beau Seigneur helps Darielle Padmore apply a wound to her “glamorous zombie” costume she worked on during the Halloween makeup workshop Oct. 22 at the USO Warrior and Family Center at Bethesda (USO) while Kwashawn Miller, who worked on a vampire costume, looks on. This was the second year for the Halloween makeup workshop led by Seigneur who said she liked the creative process of helping people figure out what costumes to design and their character’s backstory. Ashy Palliparambil, USO program specialist, said while a lot of the USO’s artistic workshops are geared toward healing, “this one is just for fun.” She said they expect to bring back the Halloween makeup workshop next year, but in the meantime, there will be a makeup workshop in January.

Mandatory Holiday Safety Training Set For Nov. 3-4

By **JOSEPH NIEVES**
WRNMMC staff writer

Mandatory holiday safety training at Walter Reed National Military Medical Center (WRNMMC) is scheduled for Nov. 3-4.

Tuesday, Nov. 3, the training will begin at 5 a.m. in Bldg. 10's Clark Auditorium and a session will be held every hour with the last beginning at 4 p.m.

Also Tuesday, the training begins at 5:30 a.m. in Bldg. 2's Memorial Auditorium and a session will be held every hour with the last beginning at 2:30 p.m.

Wednesday, Nov. 4, the training will begin at 5 a.m. in Clark Auditorium and sessions will be held hourly with the final session beginning at 4 p.m.

Also Wednesday, the training begins at 5:30 a.m. in Memorial Auditorium and sessions will be held hourly with the final session beginning at 4:30 p.m.

Preparation for the unexpected is part of the emphasis on the training explained Maria Russell, WRNMMC safety manager. "We teach people to be prepared even when they don't expect there to be



COURTESY PHOTO

an accident," she said. "We'll have Base Safety, Emergency Management and Fire Safety speaking on their respective areas of safety."

Russell and her safety team remind people, "Safety has no rank; accidents can happen to anyone at any time."

"People think of safety as an entity as opposed to being about personal safety," Russell explained. "Safety is wearing a mask or wearing

a seatbelt, but there's a lot more to it than that; it's risk management – how do you do your job, how do you walk during snow, how do you climb stairs?"

One of the most common misconceptions the safety team comes across is people's assumption they are safe at all times, at work and everything they do.

A common misconception of people is they are safe at all

times at work and everything they do, said safety officials.

Winter safety is also a major concern in the National Capital Area where snow can cause delays and closures, as well as make travel hazardous. Being prepared for the snow and ice is important for local living but especially so for travel, safety officials caution.

"People travel a lot during the holidays, [so] they should

be aware that they can get caught [unexpectedly] in a snow storm or icing conditions," said Russell. "In 2011, we had a big snowfall and people were stuck in traffic for hours." She added preparation for such events are a point of discussion during WRNMMC holiday safety training.

For more information concerning safety at WRNMMC, contact the Safety Office 301-319-4558.

Blessing of the Animals



PHOTO BY SHARON RENEE TAYLOR

Brother David W. Schlatter (right), of Walter Reed National Military Medical Center's Department of Pastoral Care, presides over the blessing of more than 20 canines during WRNMMC's annual Blessing of the Animals Oct. 5 in front of the Tower on Naval Support Activity Bethesda.

The Navy's 240th Birthday



PHOTOS BY MASS COMMUNICATION SPECIALIST 1ST CLASS CHRISTOPHER KRUCKE

Rear Adm. (Dr.) Raquel Bono (center), director of the Defense Health Agency's National Capital Region Medical Directorate, leads a cake-cutting ceremony with Capt. Edilberto Salenga and Hospitalman Alicia Toole in celebration of the U.S. Navy's 240th birthday on Oct. 8 in front of the Tower on Naval Support Activity Bethesda.

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What the Navy is Doing Now to Remain CYBERSECURE

By THE OFFICE OF THE DEPUTY
CHIEF OF NAVAL OPERATIONS FOR
INFORMATION DOMINANCE NAVY
CYBERSECURITY DIVISION (N2/
N6F4)

The cyber threat reaches beyond traditional information technology (IT) networks and computers to systems that affect nearly every aspect of the Navy's mission. Machinery control, weapons and navigation systems may be vulnerable, as well as the networks and computers commonly used by Navy personnel.

To protect against these threats the Navy has made significant changes, including how it is organized and how much it invests in cybersecurity.

In 2014, the Navy established Task Force Cyber Awakening (TFCA) to improve cybersecurity after its network was compromised the previous year. The mission of the task force was to take a comprehensive look at the Navy's cybersecurity and make changes to improve its defenses.

TFCA established priorities for protecting the Navy based on recommendations from industry, the cybersecurity community and stakeholders. Using these priorities, the task force evaluated hundreds of funding requests for addressing vulnerabilities, which resulted in \$300 million being set aside in fiscal year 2016 for solutions that strengthened the Navy's defenses and improved awareness of its cybersecurity posture. TFCA used the same approach to evaluate over 300 competing funding requests for the next five years of the Navy's budget.

One of these funding priorities was for control points which allow the Navy to isolate portions of the network after a breach is detected. Much like the watertight com-

partments on a ship, these control points will allow the Navy to limit the impact of a compromise and keep adversaries from moving to other targets in the network. These control points will also allow the Navy to selectively limit connectivity for parts of the network if increased cyber activity from adversaries is expected, similar to how ships set different material conditions of readiness.

The task force also formed a Navy-wide group to implement the CYBERSAFE Program. CYBERSAFE is modeled after SUBSAFE which is the rigorous submarine safety program begun after the loss of the USS Thresher (SSN 593) in 1963. Like the submarine program, CYBERSAFE will harden a critical subset of warfighting components, which could be certain computer systems or parts of the network. CYBERSAFE will apply more stringent requirements to these components before and after fielding to ensure they can better withstand attempted compromises. CYBERSAFE will also require changes in crew proficiency and culture to implement these requirements.

Technical solutions alone cannot completely protect the Navy. The cybersecurity, professional and general workforce are also key contributors to the Navy's defense.

• **Cyber workforce** — To ensure the cyber workforce has people with the right skills, the Secretary of the Navy is revising the Cyber Workforce Management Manual. After this manual is approved, the Navy will identify updated training, education and certification requirements for the cybersecurity workforce.

• **Professional workforce** — To reduce vulnerabilities in the

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THE **CYBER THREAT**
IS REAL

LEAD
The Navy Cybersecurity Division leads by ensuring a comprehensive approach to cybersecurity is taken across all Navy missions.

ACQUIRE
Focus is on strengthening cybersecurity throughout the product lifecycle. SPAWAR is the Navy's Technical Authority for Cyber and provides the architecture and technical standards required to harden the Navy's networks and equipment.

EQUIP
Information Dominance Forces Command (NAVIDFOR) organizes, mans, trains, and equips the cybersecurity workforce.

FIGHT
U.S. Fleet Cyber Command /10th Fleet commands a full spectrum of cyber warfare capabilities across all warfighting domains.

NAVY CYBERSECURITY TEAM

U.S. NAVY PHOTO ILLUSTRATION

CYBER

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computers that control equipment, machines or weapons systems, the Navy identified positions within the systems commands that will need cybersecurity training.

- **General workforce** — The Navy is bolstering its cybersecurity training to users and leaders because defending the Navy is not only the responsibility of the cybersecurity workforce, it is an all hands effort. Some examples of current training being provided to the general workforce include cybersecurity training for Surface Warfare Officer leaders, and offi-

cers at Submarine School.

In September 2015, the CNO established the Navy Cybersecurity Division on the Navy headquarters staff to continue the transformation started by TFCA. The new division will oversee the Navy's approach to cybersecurity, developing strategy, ensuring compliance with cybersecurity policy and advocating for cybersecurity requirements. The division will also evaluate and prioritize major investments and manage the CYBERSAFE program.

Other organizations critical to the cybersecurity fight:

- Navy Chief Information Officer — Establishes policy and guidance relating to IT.
- Developed the Navy's approach

for evaluating and improving the security of IT systems;

- Revised the Navy's policy for protecting information and information systems.

Fleet Cyber Command/U.S. 10th Fleet — Operates, maintains and defends Navy networks and conducts cyber operations.

- Began installing and operating the new technical solutions that have been purchased;
- Continued defending the Navy's networks, systems and data.

Information Dominance Forces Command — Organizes, mans, trains and equips the cybersecurity workforce.

- Obtained approval to add another Division Officer cybersecuri-

ty position on CG, DDG, and LSD class ships;

- Conducted training and assist visits to prepare Echelon II commands for cybersecurity and cyber readiness inspections.

Systems Commands — Strengthen cybersecurity throughout the lifecycle of systems with the goal of "baking in" security from the beginning instead of "bolting it on" after systems are fielded.

- Developed technical standards for building more secure systems;
- Helped develop and implement the CYBERSAFE Program.

The Navy continues to strengthen its cyber posture. But remember, the most critical member of the Navy cybersecurity team is you.

NICOE

CONTINUED FROM PAGE 4

opened, his goal was to integrate a "high-tech and high-touch approach that used the best practices of conventional medicine with the emerging practices of mind-body techniques, allowing service members to be in control of their symptoms instead of their symptoms be in control of them.

"As we developed the program, the value of treating the family as

well as the service member and the dedication to healing of the human condition made the development of a family lounge and playground just as important as the MRI scanners in the delivery of care," DeGraba explained.

"Through collaboration with the Pathway of Care in the Military Health System (led by the Defense Veterans and Brain Injury Center , our aim is to share the lessons learned at NICOE," DeGraba added. "As one team, we assure that the successes here today can be expe-

rienced by all who have persistent symptoms from TBI and psychological health conditions, regardless of where they receive their care."

Douglas added over the next five years she hopes to see the NICOE expand in "care, research and education areas [to include] seeing retirees and returning NICOE patients."

Winters said she is also excited where NICOE goes in the next five years.

"I am privileged to have visited the NICOE twice before I started working here," Winters continued.

"I participated in the last two National Arts and Health in the Military Summits [at NICOE in 2013 and 2015]. I was so impressed by the NICOE's commitment to integrative health care. The NICOE is really a shining example of what health care should be. If anything, I hope to see NICOE's model mirrored in other health-care facilities, military and civilian alike."

For more on the NICOE and its patient care go to: <http://www.nicoe.capmed.mil/About%20Us/SitePages/History.aspx>



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